

Important Considerations

Touching the Cure of the

SMALL-POX.

Being Instructions as well for the
Bold as Ignorant Practitioners in
the said Disease.

By a Doctor of Physick in Ipswich.



I P S W I C H :

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Important Considerations

Toutching the Cure of the

SMALL-POX, &c.

TH E raging Distemper of the *Small-Pox* now has mov'd my Compassion to write my Thoughts and Opinion concerning the best Method of curing the same, for the Benefit of the Rich, as well as the Poor, who are or may be infected with the same.

Now as to the *Small-Pox*, it is generally defin'd an *Eruption of Pus- tules*, or *Pimples* attended with a *Fever*, which commonly are the Symptoms of the said Fever, and begin with

raging pains in the Back and Head, proceeding from the Intercoſtal Nerves, which run up the Head by the Spine, or Back-bone. Tho' the firſt mover ariſes from the Stomach, which is environd, or encompaſs'd about with Nerves from the *Par Vagum*, whence at the beginning of the Eruption enormous Vomitings proceed. Now the *Par Vagum* being united to the Intercoſtals about the Diaphragme, Pains by conſent grow over the whole Body. But this irritation and pain is cauſed by a Malignity, or Contagion of the Air, or contact of an infected Perſon, which ſo ſpreads it ſelf beyond the power of Philoſophy to explain *How*, that it attacks whole Families, and for want of right Mannagement deſtroys moſt of them.

But for the better Underſtanding of this Diſeaſe with its Eruptions,
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the Nature of them are to be considered, and distinguished from other Spots or Pimples in the Skin; and they may be rank'd here as the product of the Inflammatory Fever into three Classes. *First*, The Measles, being broad red Spots, and not arising with round Head like the *Small-Pox*, tho' during their Eruption they make the Patient very Sick, but most commonly go off in Four or Five Days. *Secondly*, Pimples called the *Rash*, among the Vulgar, tho' improperly, it being a kind of *Miliary Eruption* attended with *Febricula*, which commonly abates and goes off in Four or Five Days at most, and the Patient grows well again. This Disease proceeds usually from the Heat of the Blood, caused by Intemperance in Drinking, or Exercise in hot Weather, and sometimes Surfeiting in Eating, &c. This is not Infectious as
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the *Small-Pox* is. Now that which is properly a *Rash*, is in my Opinion what Dr. Sydenham calls *Febris Searlatina*, being Eruptions like the *Measles*, broad and without pain, cured by Warmth and moderate Cordials, and of little duration only. *Thirdly*, The *Small-Pox*, which is the most violent and dangerous Disease of all. Of this the one is call'd the *Regular*, and the other the *Anomalous*, or *Irregular Small-Pox*, attended with various Symptoms, according to the virulency of the Infection. Hence follows the Distinction of *Small-Pox* into the *Distinct* and *Confluent Sort*, or *Flock-Pox*; the first being usually not dangerous, but managed with common Care, a low Diet, and temperate Cordials, go safe of again, tho' attended with the same pains in the Back and Head, as the *Confluent Sort* are before their Eruption.

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Now by the Description of these Diseases any Rational Man but a little vers'd in the Practice of Physick, may distinguish the one from the other, either by the Form of the Pustules, or Pimples, or the degree of the Febris, or Febricula, and the intenseness of it in the confluent Sort, concerning which I give my Opinion as follows :

4. The *Confluent Sort*, or *Flock-Pox* has generally more grievous than the former, and more dangerous Symptoms than any of the *Pustulary Eruptions* before-mention'd. And to give Directions for the better Mannagement of the same, I shall here recite the Symptoms usually preceding the Eruption of the *Confluent Sort of Small-Pox*. As

1. *Comatose Affections*, or great Sleepiness, like a Lethargy. 2. Violent Vomitings, Spewing up often Green

Green Matter. 3. Convulsions, especially in Children. 4. Shiverings many times like an Ague. 5. The Fever very high, and the Pustules very numerous, as well under the Skin to be felt, as above to be seen, as soon as the Matter finds its way thro' the Pores of the Skin to form it self by the heat of the Body into Pustules. 6. Head-ach, Back-ach, as in the *Distinct*, tho' more violent. To which I may add in this Disease delirious Fits, frequent inability to Sleep, tossing and tumbling about the Bed, a Diarrhoea, sometimes extravagantly Bleeding at the Nose, Pissing of Blood, or voiding it by Stool, cold Sweat, the Purples, and other fatal Symptoms that attend this Sort of *Small-Pox*.

Besides these Eruptions in the Skin, or Cutaneous Eruptions, as the Learned call them, there are others
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as the *Itch*, an *Herpes Miliaris*, call'd so from the *Semen Milij*, or Millet-Seed, whom they resemble in Figure ; *Erysipelas*, or *St. Anthony's-Fire* breaking out often with Pimples intermix'd with an Inflammation, Scurvy-Spots, and the like ; but because these are generally Partial, or only affect one part of the Body, without a Fever, except the *Febris Erysipelatodes*, they fall not under my Cognizance at present.

In the next Place the Practitioners in Physick must consider the Stages of the Age of the Persons infected, *i. e.* 1. From the Infancy to the Age of 15 or 16 Years, they may be accounted Children, and dealt with accordingly. 2. From the Age of 16 to 30 or 40, they may be deem'd Persons at full Age properly, who perhaps by much Drinking, or violent Exercise, have caused these Eruptions

ruptions to break out ; for the Seed of the Disease first lay in the Blood before they break out into Cutaneous Eruptions, being not generated therein by those Causes, but excited and irritated by the violent Fermentation thereof. 3. From 40 to 60 and upwards, they may be justly stil'd Old Persons ; for all Persons of different Ages happen sometimes to be infected with this Disease, the Mannagement of whom ought to be quite different, and the Judgment of the Practitioner very Accurate.

As there are Stages of the Ages of People infected with this Distemper, so there also different States, as I may call them, of the same. As, *first*, the *beginning* of it before the Pustules break out, which commonly happens in four Days after the Patient is taken ill. *Secondly* the *full State* of the Disease, which happens commonly

commonly on the 9th, 11th, or now and then 13th Day. This is usually call'd the time of its *Priming*, i. e. when it is grown to full Maturity, so that no more purulent Matter is required to fill them. *Thirdly*, The *Declining State*, i. e. When the *Pox* are scaling or drying of, whereupon generally follows a *Secondary Fever*, oft very dangerous, if not diligently taken care of by proper Methods. Of all which States of Ages, and Degrees of the Disease, I will give you in the following Pages the most rational Account that in this Distemper can be given in order to its Cure.

I. As to the Ages of the Persons infected, very little is to be given to Children, only Broths, Sage-poffet sweetned with Sugar, Panados, Mutton Broths, and the like; sometimes Sack and Naples Bisket, either with or without Saffron infus'd in it, that
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with Saffron being the highest Cordial I usually give to Children under 10 or 12 Years of Age, nay indeed they will seldom take any other. But if the Persons happen to be of more maturity of Years, viz. 15 or 16 Years old, as Vice has an early beginning in Youth, and a Fever attends them upon Drinking too much, or excess of Exercise in hot Weather, then they must be otherwise mannag'd with temperate Cordials from the Apothecary, or instead of such, let them Drink the following Mixture.

R. Of fair Water with a Tost, very brown tosted, infus'd in it about half an Hour, then strain'd of. To which add a proportioned quantity of White-Wine, i. e. a Gill of Wine to a Quart of such Water prepar'd. To which further add the Juice of one Lemmon, and as much fine Sugar as will make it palatable;

latale; let the Patient drink of this Warne, or not Warne, plentifully if Thirsty. For exchange Cordials from the Apothecary, I advise especially such as have a few Drops of Spirit of Vitriol dropt into them, if Thirst be very intense. Other particulars relating to the right management of Children in the Measles, or Small-Pox, I leave to the Care of prudent Mothers, if they have any, or Nurses, if they are not too Head-strong, as usually they are, but will be guided by the Physician.

2. The next State of Age that I mention'd to be infected with the Small-Pox is from 16 to 40; when a Person is in full Vigour, the circulation of the Blood is more rapid, and the Symptoms appear more dangerous, denoting the Confluent Sort of Pox; not but that these Symptoms happen sometimes to Children, and if so the greatest Care and Skill imaginable

imaginable is requir'd in the Practitioner of Physick, to Cure them. The same Method here prescribed for the Cure of Children may be used in the Cure of what is called the *Rash*, only Blood-letting, and perhaps a gentle Purge may be requisite, according to the Judgment of the Practitioner.

Having above enumerated Three Sorts of *Small-Pox*, viz. The *Distinct*, the *Regular Confluent*, and the *Anomalous*, or *Irregular Confluent*, I shall proceed without taking any farther Notice of the Ages of Persons beyond the Years of 40, and include them under the Head or Class of those who happen to be infected in the Vigour of their Age, only with this Caution, that we deal more gently with Declining Age, when the Lamp of Life begins to draw near being extinguish'd than otherwise,

wife, tho' if the Symptoms rage violently, such Patients must be treated as if in the Vigour of Manhood.

As for the *Distinct Sort of Small-Pox*, they are easily mannag'd with common Care, *viz.* by being kept Warme, ply'd with hot Gruels, moderate Cordials, if any requisite, and they seldom endanger the Patients Life. And it must be an irregular Management by over-loading them with hot Medicines, Wine, and the like, under pretence of supporting the Patients Spirits that must make them miscarry; for that which I have here prescrib'd for the Use of Children will be sufficient for such Patients. And you must besure not to give *Jesuit's-Powder* in Substance or Tincture, tho' there happen a Fever; for none but a Madman would exhibit that Medicine in *Symptomatical Fevers*, as the most Learned in
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the Art of Physick declare, for it is but damming up a Current which breaks out more fierce in other parts of the Body, and produces more dangerous Effects. Again, you must not use Milk, at least, as little as possible. I mention this because Children are used to Milk, and therefore may be allowed Milk-broth sometimes, but rather Panados, and other Broths (Beef-broth excepted) may be chosen.

As to the Confluent Sort, or Flock Pox, because they are commonly very numerous and flow all into one. The First Symptom which I mentioned preceding its Eruption, is,

1. Comatose Affections, or Lethargy, Sleepiness, which may possibly impose upon the Practitioner as if a good Sign, but it is not. Therefore if this happens, he is first to make a Judgment whether the Small-Pox be in, or
near

near the Place where the Patient falls Sick : If so, he may justly conclude it a fore-runner of the Confluent Sort of Smell-Pox : Upon which immediately give a Vomit, and a Purgative draught at Night ; this will seem to relieve the Patient at present, but it will not Cure him or her, therefore you must Bleed plentifully the next Day, if the Patient can bear it, if not, in proportion to the Age and Strength. The Body being thus prepared, you have just reason to expect a good Event at the Eruption, which is usually the fourth Day, and the Fever grows very high and intense, which must be temper'd with Vitriolic Cordials, low Diets, (for strong Meats must be carefully avoided) and now and then Tamarind Posset, if the Patient by the heat of the Fever prove Costive, will be found advantageous.

2. The next Symptom I mentioned was Violent Vomiting, in which case

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give a gentle *Vomit* to promote it, rather than stop it, with a *Paregoric Draught* after it as above directed. This Operation frequently is followed by a large *Sweat*, which by no means is to be stop'd, but rather encouraged by mild *Sudorifics*: But if the Patient happen by the violence of straining to *Vomit Blood*, stop it immediately by all means possible, which *Testaceous* and *Astringent Powders* will commonly do.

3. *Convulsions*, those in Children must be for the most part left to Nature, only some *Antepileptical Cordials* will by Spoonfuls be necessary to be exhibited till the *Small-Pox* breaks out, at which time the *Convulsions* cease. As for those in Persons of grown Years, they may be managed as above directed, by *Vomiting*, &c.

4. *Shivering like an Ague*. This oft happens before the *Eruption*, but is not dangerous in it self, only indicates the

the Small-Pox to have given the Infection, and to be near Eruption, which happens to be sooner or later according to the thickness or thinness of the Skin.

The Fever very high, and the Pustules very numerous. This is usually term'd the Confluent Sort, or Fluck-Pox, attended with many fatal Symptoms : Now when these break out, either they appear in small numerous Pimples, like the Rash before mentioned, and many times deceive the Physician, or in broad Spots, which is a genuine Eruption, and certainly terminates in the True Small-Pox, tho' the former doth also sometimes. This Sort must be managed with a great deal of Caution, especially the Fever, by tempering the Blood by cooling Cordials, Emulsions and the like. After the fourth Day the Fever begins to rage, and dangerous Symptoms attend it : In which case, tho' inability to Sleep follow it, you must not use

use Opiates, unless Empl. de Opio applied to the Pulse of the Wrists, because about this time the Patient's Hands and Face begin to Swell, and the Patient to Spit, which is a very great advantage to the Patient, and must by no means be stop'd; for all Opiates stop Spitting, as we find in a Catarrhal Cough, and if you attempt it in the course of the Disease, 'tis ten one but you Suffocate the Patient; for tho' Dr. Sydenham advises Paregoric Draughts, yet he begins them not till about the 9th or 10th Day. Now my Advice is not to give them at any time without Volatile Salts in a Bolus, or Volat Spirits mixt in a Cordial Haustus.

If the Patient be Delirious, I advise not to Blisters by any means, for they draw off the Matter, and hinder Suppuration, which is the properest means of bringing the Small-Pox to a Cure. In extraordinary Cases of Deliriums

riums they may be allow'd, but I have found that the Application of Garlick bruised to the Soles of the Feet, as Dr. Sydenham advises, usually abates or takes away the Delirium.

Sometimes in this Disease happens a violent Diarrhoea, or Looseness, by which means the Pustules sink by reason the Matter that should supply them to fill, is carried off otherwise. When this happens

R. Pulo. Cort. Quercin, half an Ounce. Cort. Granat. 2 Drams. Diascord. half an Ounce Syr. Cydonior. f. a. f. Elect. dos. g. n. m. Sæpius in die.

The next fatal Symptom I am to take Notice of is, Spitting, or Pissing of Blood, in this Case fear not to be let Blood 3 or 4 Ounces every Day till it ceases, tho' the Pox are out and at the full height, only have some Cordials in reserve, especially Vitriolic ones, Dr. Sydenham advises Spirits of Vitriol
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in small Beer often. The last fatal Symptom which I shall mention is the Purples. i. e. when the Blood begins to Stagnate, and the Spots turn Blew : In this case you must have recourse to the Vol. Salts, the Decoct-Sacrum, Decoct-Coccinellæ, &c. till the Patient be brought to Sweat ; which if that can be done, those Purples will quickly turn to red Spots again. But besure your Sudorifics be Liquid as much as possible, and Sage-posset with a little quantity of Decoct-Sacrum, plentifully drank warm will generally effect what I here propose.

Notwithstanding all that I have here said, the Care of the Practitioner is above all requir'd, not to drive Nature on too fast, but to observe all the Steps of the Disease, as near as he can, and direct accordingly. But besure before the Eruption, let him Vomit and Bleed the Patient, if he will bear it, nay gently Purge to.

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This is the *most usual*, and I think the *most rational* Method now practic'd in the Cure of the *Small-Pox*, in the different Degrees of *Ag*es. As for the Method prescribed for the Cure of *Children*, I may almost pronounce it infallible, at least not One in Twenty miscarries under it. And as to those of *Grown Years*, the Method for them seems most Rational, and what I usually follow, when left to my own Judgment to determine, and seldom without Success. Nay sometimes have given the Medicines I have here proposed, purely by Information from the Nurses, or Mothers, after once or twice visiting the Patient successfully.

If other warme Medicines be requisite, you may dissolve *Venice-Treacle*, or *Dioscordium*, or *Confect-Alkermes* in a proper warme Vehicle, sufficient to keep up the Spirits, if they flag, but not so much as to encrease the flame of the Fever; herein the accurate Judgment of the Practitioner is required.

In the *Declining State* of the *Small-Pox*, I advise little or no Evacuations to be made, for I have known after the 21st Day the Patient upon the exhibiting a Glister only, to have died. In this Case trust to Nature, till the whole Mass of Scales are dry'd up, and the Patient so far recovered as to bear a Purge, or Bleeding if requisite: *Vid. Dr. Sydenham of the Small-Pox, for a more full Satisfaction of the Curious.*

Another

Another Error in the Cure of the *Small-Pox* is the Opening the Pustules by Lances, when they begin to suppurate; this proceeds from the Ignorance of the Practitioner, in not rightly distinguishing *Tumours by Congestion* from those by *Fluxion*: These by *Congestion* have a slow Maturation, and are easily judg'd when proper to be opened, but *Tumours by Fluxion* oft deceive the Practitioner, and Suppurate at the top only of the *Tumour*, as it happens frequently in the *Small Pox*; so that the pretence of discharging the Matter by this Operation is a bold Error, because usually done before perfect Suppuration, and brings the Patient many times in danger of Life, by Mortification or Ulcers Dyspnoea, &c. but this Topic requires a larger Discourse than design'd in this Epitome.

N. B. Besure to avoid the late Whimsical Notion of *Sweating* the Patient with Cold Water, as being neither consonant to Reason or Practice, except in *Hysteric* or such *Nervous Cases*. It may perhaps produce Sweat by Accident, or in a Simple, but not *Malignant Fevers*, such as the Fever with the *Small-Pox* is always accounted.

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